

**Jr. Chef Club
Super Snacks
Lesson 6**

Cooking Table Notes

Soft German Pretzels

With Vegetables

Makes 24-30 thick stick pretzels.

Put a large bowl in the middle of the table. Walk students through the yeast part of the recipe to avoid any mishaps. Then allow the Jr. Chefs to take turns measuring ingredients into the bowl and stirring the dough mixture.

Ingredients:

- 1 package of yeast
- 1-1/2 cups warm water (105°-110° F)
- 1 Tablespoon sugar
- 1 tsp salt
- 2 cups all-purpose flour
- 1-2/3 cups whole wheat flour
- Sesame seeds or coarse sea salt
- Vegetable oil cooking spray

Directions:

1. Preheat oven to 425° F.
2. Spray baking sheet with cooking spray.
3. In mixing bowl, dissolve yeast in warm water.
4. Add the sugar, salt and flour.
5. Mix well to make stiff dough.
6. Turn dough onto floured sheet of wax paper.

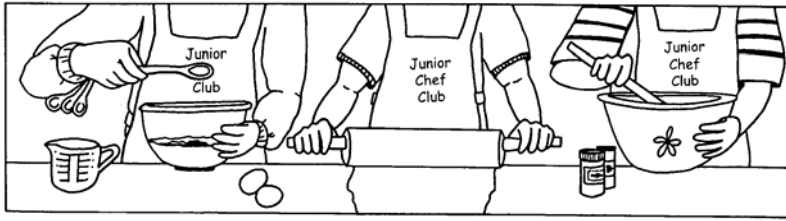
Give each student the opportunity to knead the dough once or twice; show technique, use plastic gloves.

Cut dough into six equal pieces with a sharp knife, one for each student. Roll each ball of dough in flour before distributing on large paper plates. Ask each student to roll his or her dough into a log that's about 18 inches long.

To ensure that each student's log is then divided into the appropriate size and number of pieces, score each log with a butter knife about every three to four inches to create about 5 or 6 pieces per log. Let each Jr. Chef cut their dough where it is scored, shape their pretzels (usually just sticks) and place them on the baking sheet.

Place pretzels on oil sprayed cookie sheet. Spray pretzels lightly with vegetable oil cooking spray, sprinkle with salt and/or seeds. Explain that if we use salt, we need to use just a little. Too much salt can cause health problems in some people, so we need to learn to appreciate the flavor of food and use just a little salt, often called sodium.

9. Place on prepared baking sheet.
11. Spray top of pretzels lightly with cooking spray.
12. Sprinkle *lightly* with coarse salt and/or sesame seeds.
13. Bake 12-15 minutes in convection oven until golden brown.
14. Serve with your favorite veggie sticks.



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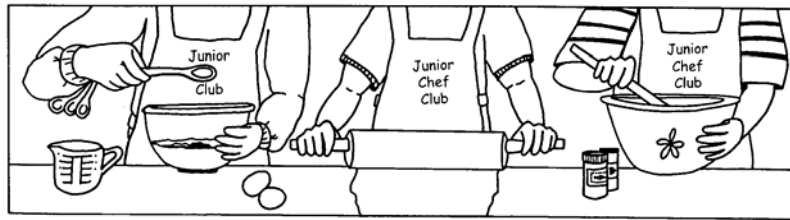
Makes 24-26 thick pretzel sticks.

Ingredients:

- 1 package of yeast
- 1-1/2 cups warm water (105°-110° F)
- 1 Tablespoon sugar
- 1 tsp salt
- 2 cups all-purpose flour
- 1-2/3 cups whole wheat flour
- Sesame seeds or coarse sea salt
- Vegetable oil cooking spray

Directions:

1. Preheat oven to 425° F.
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6. Turn dough onto floured sheet of wax paper.
7. Shape pretzels and place on baking sheet.
8. Spray top of pretzels lightly with cooking spray. Sprinkle *lightly* with coarse salt and/or sesame seeds.
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Dipping Sauce

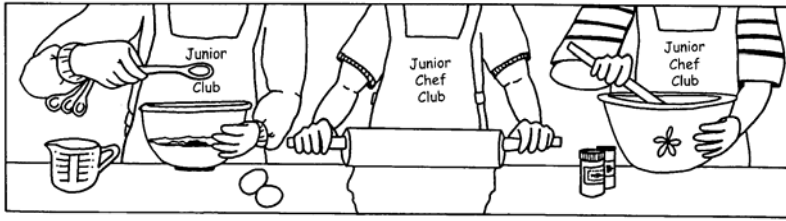
Double the Dipping Sauce recipe to make enough for 25 students .

Ingredients:

- 1 8-ounce can tomato sauce
- 1/2 teaspoon dried basil

Directions:

1. Place all ingredients for the pizza sauce in a small bowl.
2. Stir until all are mixed together.



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Dipping Sauce

2 8-ounce cans tomato sauce
1 teaspoon dried basil

Directions:

1. Place all ingredients for the dipping sauce in a small bowl.
2. Stir until all are mixed together.